

FLLC MENU

February 13-17, 2017

** Please note: Alternatives are always provided for students with food allergies.
Also, I have added more specifics to some of the menu items.

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Cereal	Greek Yogurt w/Strawberries	Whole Grain Toast w/PB & Banana	Cinnamon Spice Lentils w/Apples	Cereal
Milk & Water	Milk & Water	Milk & Water	Milk & Water	Milk & Water
Lunch	Lunch	Lunch	Lunch	Lunch
Turkey & Avacado Sandwich on Wheat Bread	Salad w/Chicken Breast & Yogurt Ranch Dressing	Homemade Potato Soup	Whole Grain Pasta w/Butter Sauce	Black Bean & Cheese Quesadilla
Carrots	Peppers	Green Beans	Peas	Cauliflower
Fresh Fruit	Fresh Fruit	Fresh Fruit	Tomatoes	Fresh Fruit
Milk & Water	Milk & Water	Milk & Water	Milk & Water	Milk & Water
PM Snack	PM Snack	PM Snack	PM Snack	PM Snack
Pretzels	Animal Crackers	Carrots	Whole Grain Goldfish Crackers	String Cheese
Cucumbers	Fresh Fruit	Hummus	Broccoli	Fresh Fruit
Water	Water	Water	Water	Water